

What is claimed is:

1. A treadmill comprising a base, a pair of parallel, spaced rollers rotatably disposed in the base, and an endless belt extending around both rollers, wherein the belt has a width which is large enough to accommodate two treadmill users side-by-side.

2. A treadmill as claimed in claim 1, wherein the belt has a width which is large enough to accommodate two adult people side-by-side.

3. A treadmill as claimed in claim 1, wherein the belt has a width which is large enough to accommodate an adult person and a dog side-by-side.

4. A treadmill as claimed in claim 1, wherein the belt has a width of at least 36 inches.

5. A treadmill as claimed in claim 1, wherein the belt has a width of at least 45 inches.

6. A treadmill as claimed in claim 1, wherein the treadmill has a handle bar comprising a front portion and left and right side portions, wherein the handle bar further comprises a middle portion which can extend back from a middle part of the front portion.

7. A treadmill comprising a base, two pairs of parallel, spaced rollers rotatably disposed in the base, and two endless belts, wherein one belt extends around both rollers in one pair of rollers and the other belt extends around both rollers in the other pair of rollers, wherein each belt has a width which is large enough to accommodate one treadmill user, and wherein the two belts are positioned to accommodate two treadmill users side-by-side.

8. A treadmill as claimed in claim 7, wherein each belt has a width which is large enough to accommodate an adult person.

9. A treadmill as claimed in claim 7, wherein one belt has a width which is large enough to accommodate an adult person, and the other belt has a width which is large enough to accommodate a dog.

10. A treadmill as claimed in claim 7, wherein the belts move independently of each other.

11. A treadmill as claimed in claim 10, wherein the belts can be inclined independently of each other.

12. A treadmill as claimed in claim 7, wherein the treadmill has a handle bar comprising a front portion and left and right side portions, wherein the handle bar further comprises a middle portion which can extend back from a middle part of the front portion.

13. A method for two treadmill users to exercise side-by-side on a single treadmill, comprising

providing a treadmill comprising a base, a pair of parallel, spaced rollers rotatably disposed in the base, and an endless belt extending around both rollers, wherein the belt has a width which is large enough to accommodate two treadmill users side-by-side, and

moving the belt to exercise two treadmill users positioned side-by-side on the belt.

14. A method as claimed in claim 13, wherein the belt has a width which is large enough to accommodate two adult people side-by-side.

15. A method as claimed in claim 13, wherein the belt has a width which is large enough to accommodate an adult person and a dog side-by-side.

16. A method as claimed in claim 13, wherein the belt has a width of at least 36 inches.

17. A method as claimed in claim 13, wherein the belt has a width of at least 45 inches.

18. A method as claimed in claim 13, wherein the treadmill has a handle bar comprising a front portion and left and right side portions, wherein the handle bar further comprises a middle portion which can extend back from a middle part of the front portion.

19. A method for two treadmill users to exercise side-by-side on a single treadmill, comprising

providing a treadmill comprising a base, two pairs of parallel, spaced rollers rotatably disposed in the base, and two endless belts, wherein one belt extends around both rollers in one pair of rollers and the other belt extends around both rollers in the other pair of rollers, wherein each belt has a width which is large enough to accommodate one treadmill user, and wherein the two belts are positioned to accommodate two treadmill users side-by-side, and

moving the belts to exercise two treadmill users positioned side-by-side on the belts.

20. A method as claimed in claim 19, wherein each belt has a width which is large enough to accommodate an adult person.

21. A method as claimed in claim 19, wherein one belt has a width which is large enough to accommodate an adult person, and the other belt has a width which is large enough to accommodate a dog.

22. A method as claimed in claim 19, wherein the belts move independently of each other.

23. A method as claimed in claim 22, wherein the belts can be inclined independently of each other.

24. A method as claimed in claim 19, wherein the treadmill has a handle bar comprising a front portion and left and right side portions, wherein the handle bar further comprises a middle portion which can extend back from a middle part of the front portion.